

# children and parents yoga retreat

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## Introduction

Welcome to a unique programme – a children and parents yoga summer retreat.

Sivananda Yoga Centre, Gurgaon is organizing a residential seven nights, six days yoga camp, a retreat meant for children between age 5 and 12. This wonderful programme, with parents in tow, goes back many decades, with a wish to inculcate yoga to people from an early age.

The kids and parents yoga retreat combines the discipline of yoga and the fun of a camp. The programme allows children to understand the principles of vegetarianism, respect for all religions, develop a love and respect for nature. Children are able to identify with the inner self within a group setting by practicing yoga. Yoga asana, meditation, breathing, relaxation, yoga based activities, games, chanting and lectures are part of the daily routine. There is a day off, where parents and children can also visit nearby places of interest.

The programme gives you the methods, the knowledge and the understanding on how yoga can become a practical way of life.

This one week programme, while being a wonderful holiday, offers a profound personal experience, builds a firm foundation of inner discipline. The essence of yoga is learned through a combination of repeated practice and inspirational lessons. The approach to teaching is personal, focusing on the individual student.

Among the many benefits participants report are increased strength and flexibility, greater spiritual awareness, improved power of concentration, enhanced self-esteem and a new found sense of self-discipline, through proper exercise, proper breathing, proper relaxation, proper diet, positive thinking, and meditation.

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**SIVANANDA YOGA CENTRE, GURGAON**

[www.yogashowstheaway.com](http://www.yogashowstheaway.com); [yogashowstheaway@yahoo.com](mailto:yogashowstheaway@yahoo.com); +91 9810645850, +91 9818865306

M13/23 DLF Phase II, Gurgaon, Haryana.

## Programme dates (One week)

**12 - 18 June 2022**

Arrival on 11th June evening or 12th early morning.

Departure on 18th June morning.

## Course location

Pops Hotel, Village Chachian, Palampur Tehsil, (Dharamasala)

District Kangra, Himachal Pradesh, Himalayas, (INDIA) PIN 176059 (please see travel and location details below).

Palampur, at a height of 1219 mts., is a main spot in the beautiful valley surrounded by tea gardens and pine trees, 30 kilometers from the popular tourist destination Dharamasala. It is surrounded by the Dhauladhar range - mountains and Himalayan peaks are visible in the foreground.

During the day it is pleasant but in addition to a simple tee shirt, you may need light woollens. Mornings and nights will be cold. It is advised to carry a jacket, shawl and cap.

## The Background

The yoga we teach stems from an illustrious lineage spanning over 50 years around the world, and thousands of years before that in India. It is a programme suited to modern conditions. It is efficient in its use of time, it is understandable to and enjoyable for a modern audience, and the practices are repetitive, easy to follow and highly beneficial.

More details about the Sivananda programme are given on our website

[www.yogashowstheaway.com](http://www.yogashowstheaway.com)

Sivananda Yoga Centre, Gurgaon has been teaching children successfully for over 15 years. And running the residential children and parents programme since 2015.

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## Curriculum (for adults)

1. **Yoga Asanas** • The sun salutation and the twelve basic yoga postures • Advanced variations • Effects of asanas on the physical and astral body • Proper posture alignment, deep relaxation, release of blocked energy • Benefits of Yoga Asanas
2. **Pranayama** • The basic practices: kapalabhati, anuloma viloma (alternate nostril breathing) • Advanced pranayama exercises
3. **Kriyas** • The six classical exercises for purifying the body (theory) and the practice of two - kapalabhati and neti.
4. **Yoga Philosophy** • The four paths of Yoga: Karma Yoga (selfless service); Bhakti Yoga (the path of devotion, including attendance at devotional rituals); Raja Yoga (mind control), and Jnana Yoga (the path of wisdom and realization).
5. **Yogic Diet and Nutrition** • Influence of diet on the mind • Proper diet • Nutrition according to Ayurvedic guidelines • Ethical, health and spiritual reasons for vegetarianism
6. **Meditation** • Twelve-step guideline to meditation • The benefits of meditation • Mantras
7. **Kirtan (Chanting)** • Positive effects of chanting on the emotions • Correct pronunciation and mental attitude • Learning classical Sanskrit chants.

## For children

The same curriculum of asana, pranayama, chanting, theory and meditation is taught to children, but in a way which is enjoyable and palatable to them. Different methods like storytelling, group activities, games, arts and craft are used to keep children engaged and for them to retain the knowledge easily.

## Daily Schedule

In the retreat, the parents and children will observe different schedules, and will meet up briefly a couple of times during the day. The overall schedule is given below. This is not rigid, and may change slightly depending upon the need and situation as decided by the staff.

<b>children</b>		<b>parents</b>	
6.00 am	wake up	5.30 am	wake up
6.30 am	milk and snacks	6.30 am	satsang, meditation
7.00 am	meditation, chanting, silent walk	7.30 am	tea
8.00 am	asana class	8.00 am	asana class
10.00 am	breakfast	10.00 am	breakfast
11.00 am	karma yoga	11.00 am	karma yoga
12.00 noon	lecture	12.00 noon	lecture
1.00 pm	juice and snacks	1.30 pm	tea
1.30 pm	time with parents	2.00 pm	yoga nidra
2.00 pm	arts and crafts	2.30 pm	time off
2.30 pm	time off	4.00 pm	asana class
4.00 pm	yoga games	6.00 pm	dinner
6.00 pm	dinner	7.30 pm	satsang, meditation
7.30 pm	silent/meditation time – reading/writing	9.00 pm	lights out

- Attendance at all activities is mandatory. Changes in the programme may occur from time to time
- There is one day off in the week, Wednesday, 15th June.  
Participants are required to attend morning and evening satsangs and to complete their Seva duties. A special trip to local places of interest can be organized on this day off. The day is free for personal introspection and activities.

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## Certificate

A course certificate is awarded to children on successful completion of the course.

## Prerequisites

The programme is available for children between the age of 5 and 12. There is no age limit for adults.

This course is open to anyone who wishes to deepen their knowledge and application of some of the highest teachings of yoga. Participants do not need to be yoga teachers. No prior experience of yoga is necessary. Mastery of any yoga practice is not necessary.

Only your sincere desire for knowledge and your commitment to personal growth.

Due to government protocols, and the safety of all participants and staff, **COVID VACCINATION (2nd dose)**, is mandatory for all adults attending the yoga retreat.

## Course Donations

Six days, seven nights, twin sharing accommodation, food and yoga programme.

Travel is not included.

retreat cost per room in ₹				
(p+c)	(p+c+c)	(p+p+c)	(p+c+c+c)	(p+p+c+c)
			9500	9500
	9500	11000	9500	9500
11000	9500	14000	9500	14000
16000	16000	14000	16000	14000
<b>27000</b>	<b>35000</b>	<b>39000</b>	<b>44500</b>	<b>47000</b>
<b>p=parent</b>	<b>c=child</b>			

Please note – **there is an additional 18% gst on the above quoted fee.**

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## How to Apply

Please email us for the application form, attach a photograph and all details including signature, scan it and send it back to us, along with your final covid vaccination certificate. Kindly also submit a minimum, non-refundable deposit of 20%, to reserve your place in the course. The balance can either be paid immediately, or by latest 10 days before the commencement of the retreat. There is a penalty for late cancellation. Kindly ask us for details. Once the retreat begins, there will be no refund, or if you leave in the middle of the programme.

Payment can be made by cash or cheque at the Centre in Gurgaon, or you can make an online transfer. The bank details are given below:

**Beneficiary name: Sivananda Yoga Centre Gurgaon**

**Current account**

**131010200009027**

**Axis Bank**

**Crosspoint Mall**

**Dlf phase 4**

**Ifsc code UTIB 0000131**

## How to Reach

POPS HOTEL AND RESTAURANT DHARAMASALA  
VILLAGE CHACHIAN PALAMPUR TEHSIL DISTRICT KANGRA HIMACHAL  
PRADESH, HIMALAYAS,  
(INDIA) PIN 176059

The village Chachian, is 23 kilometers from the world famous Dharmasala, and 34 kilometers from Mcleod Ganj. Pops Hotel is 550 kilometers from New Delhi, the capital of India. Most foreign students are likely to fly into the International airport at New Delhi. From here you can drive 9 hours or take an overnight train to Pathankot. From Pathankot one can take a taxi to the location in the morning.

**By air**

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The nearest airport is in Kangra (DHM), Dharamsala, 27 kms from the ashram. It is connected to major international airports like Delhi, Mumbai, Chennai and Bangalore.

### **By train**

The closest railway station is in Pathankot and Pathankot Cantt, 100km from the village of Chachian. You are advised to book rail tickets as soon as possible.

Train e-tickets can be booked up to three months in advance via [www.irctc.co.in](http://www.irctc.co.in).

### **By bus**

There is an excellent Volvo bus service run by Himachal Tourism which leaves from Connaught Place, the centre of New Delhi at 6.30 pm, and arrives in Dharamasala at 5.00 am next morning. A taxi will take you in 30 minutes to Pops Hotel 23 kilometers on the Palampur road. This journey is recommended.

If you have any difficulties and need advice on travel, please contact us at the numbers given below.

We will help to organise a taxi pick up from the bus stop/airport/railway station if you need. The cost can be split with other participants traveling together.

## **Accommodation**

Children stay with their parents in the same room. The rooms have twin beds mostly, with extra bedding being provided to sleep on the floor, in case any room has more than two occupants. The rooms are simple and comfortable. All rooms have attached bathrooms and hot water. Sheets, pillow, pillowcase and blankets are provided.

To maintain the sanctity of the campus, we accommodate guests on the following conditions:

- No consumption of alcohol & non-vegetarian food
- No smoking either on campus or outside while undertaking the course.
- Should follow the yogic way of life while in the ashram.
- Dress modestly while in the ashram.

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- Children are not allowed to have the following items in the ashram: Tabs, Ipods, radios, electronic games, mobile phones or teen magazines, in order to maintain the serenity and atmosphere of the ashram.

There is no partial stay, children and parents must stay for the entire duration of the week.

Pops Hotel and Sivananda Yoga Centre, Gurgaon reserve the rights of admission. Anyone found not following the ashram rules, at any time during the course, will have to vacate the ashram property.

## Food

The main meals are provided daily at 10.00 am and 6.00 pm. The food is based on the Indian tradition. Menus are vegetarian, simple, nutritious and good tasting!

Prepared with love and care according to yogic dietary principles, two lacto-vegetarian meals are served daily. Absent from the menu are meat, fish, fowl, eggs, garlic, onion, mushrooms etc.

Two refreshment/tea breaks are available for kids and parents separately.

## Things to Carry

- Yoga mat (will be available for purchase at the ashram)
- Essential toiletries
- Essential medicines
- Comfortable yoga clothes
- Bath towel
- Light woollens for the day. Thicker option for mornings and nights.
- Good walking shoes
- Slippers
- A cap
- Cushion to sit for meditation if you need (will be available for purchase at the ashram)

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- Bedsheets (if you want to carry your own)
- Casual clothing for the day off, and during non-yoga practice times, satsangs etc.
- Camera (if you like)
- A shawl or a wrap for meditation
- Chargers, or batteries.
- Mask for use during travel and outings. (not compulsory in the ashram premises)
- Water flask which can be refilled during the day.

**Please note:** In case you experience any symptoms of cold, cough, fever or unease, kindly inform the director of the course and cooperate with the course of action.

### **Other facilities:**

All the facilities shown below are charged and payment is made in cash in Indian rupees only.

#### **Boutique**

The boutique stocks many items including spiritual books, yoga mats, yoga clothing, toiletries and simple snack foods.

#### **Network**

Mobile phone signals from companies – Idea, Reliance, BSNL, Vodafone and Airtel are available in the ashram compound. However, guests must keep email and telephone communications to a minimum. Use of mobile phones in all classes and dining areas are prohibited.

If you have any questions about the course or the ashram please contact

8.00 am – 8.00 pm Indian standard time – (international callers add +91) **arun 9810645850;**  
**deeksha 9818865306; dyutima 9811855855**  
**email – [yogashowstheaway@yahoo.com](mailto:yogashowstheaway@yahoo.com)**

**Try a yoga retreat. It will be wonderful.**

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